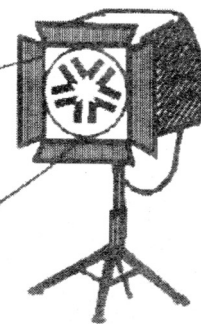


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XVII, ISSUE 5

A newsletter for D.C. Seniors

May 2002

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Happy Older Americans Month! This year we celebrate under the theme "America: A Community for All Ages. Washington, D.C.: A City for All Ages." During the month of May, we honor all older Americans as valuable resources and contributors in both the best and the worst of times.

We are proud to kick off the month on May 2 with a dedication, ribbon cutting and open house for the Congress Heights Senior Wellness Center, located at 3500 Martin Luther King Jr., Ave., S.E. We are very pleased with this state-of-the-art facility and what it will mean for District residents who want to live healthily.

During this special month, I am extremely proud to join Mayor Anthony Williams in presenting to you the "Report to the People" on the Office on Aging's accomplishments in FY 2001. I am also grateful to Mayor Williams and his administration, as well as the District Council, for supporting the mission, goals and initiatives of the Office on Aging.

Many, many thanks to all of our elders, caregivers, activists and supporters who made their voices heard at the Mayor's Citizen's Summit. Your participation made a positive difference and was, indeed, instrumental in shaping the strategic plan and in keeping services for elders, children and families in focus.

As you review these pages, I hope you will believe, as I do, that the Office on Aging is responding to the changing needs of our elderly citizens. In the coming year, we expect to expand existing services, such as our wellness centers, and develop new initiatives, such as the Caregiver Institute and the United Generations Summer Camp for Caregivers. I invite you to get involved with the Office on Aging and its Senior Service Network programs.

Providing leadership to the Office on Aging and its Senior Service Network is a privilege that I accept with pride and commitment. I have nothing but praise for my staff, the D.C. Commission on Aging, the many volunteers and the agencies which comprise the Senior Service Network. Together we are working to improve the quality of life for our seniors in Washington, D.C.: A City for All Ages.

Enjoy Older Americans Month and please do something for yourself and for someone else!



City officials and seniors break ground for the new Wellness Center in Congress Heights.

D.C. OFFICE ON AGING A Report to the People

Anthony A. Williams, Mayor
Government of the District of Columbia
Fiscal Year 2001 (October 1, 2000 - September 30, 2001)

Mission Statement

"Meeting the Needs of the District's Elderly"

The mission of the District of Columbia Office on Aging is to advocate, plan, implement, and monitor programs in health, education, employment, and social services to District residents age 60 and over, which promote longevity, independence, dignity, and choice..

Vision Statement

The D.C. Office on Aging, will become a nationally recognized, high-performance agency that is highly valued by its customers and partners while in pursuit of its mission in a city where senior citizens are valued, supported, and enabled to maintain their dignity, independence, and quality of life.

A message from the Mayor

As Mayor of the District of Columbia, it gives me great pleasure to present to you the "Report to the People." This report defines how well my administration, through the Office on Aging, provides services to District residents 60 years of age and older.

My commitment to providing services to this population is unwavering. The numbers represented here validate the allocation of services especially to the frail elderly and those whose informal caregivers enable them to remain in their homes. Support services are crucial to maintaining the independence of this vulnerable population.

All seniors in the District of Columbia, whether they represent the frail elderly, semi-dependent elderly or the independent elderly deserve the opportunity to live out their golden years in the manner that they choose.

—Anthony A. Williams

The District of Columbia Office on Aging

The passage of D.C. Law 1-24 in 1975 created the D.C. Office on Aging, and established the office as the single agency responsible to the Mayor to administer federal funds disbursed by the Older Americans Act and District appropriated funds designated by the Mayor and passed by the Council of the District of Columbia.

As the State and Area Agency on Aging, the of-

fice manages a comprehensive system of services that includes health, education, socialization and employment on behalf of the approximately 92,000 senior citizens who reside in the District. The office also oversees the operation of a nursing home, the Washington Center for Aging Services, and coordinates and funds a Senior Service Network comprised of 24 community-based, non-profit organizations that provide direct services to



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

older Washingtonians.

Within the Office on Aging there are four Operational Units.

Executive Director — Responsible for overall leadership, vision, management, policy formulation, leadership, management, budget development, human resources, and approval and evaluation of agency activities, including customer service.

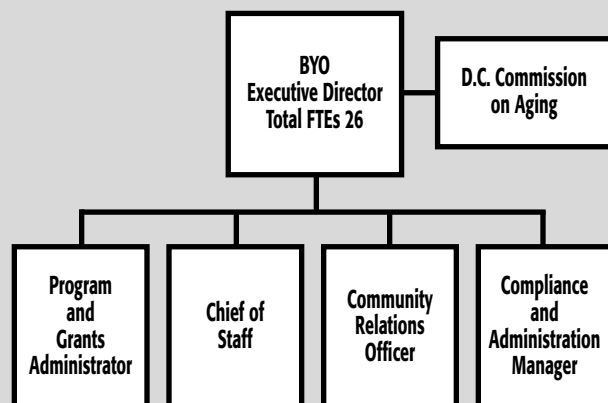
Compliance and Administration — Monitoring expenditures and assisting the Executive Director in developing the annual budget, risk management, technology and the older worker program.

Program Management — Responsible for grants management, including nutrition, long term care, i.e. the Washington Center for Aging Services contract, the nursing home ombudsman program, legal services for the elderly, social services, our three senior wellness centers and transportation programs.

Community Relations — Links seniors with services and/or programs to meet their respective needs. Responsible for special events such as Senior Day, Elderfest and the Seniors Holiday Program and outreach, i.e. *Senior Beacon Newspaper*.

Organization of the Office on Aging

Provided below is a graphic representative of how the Office on Aging is organized to fulfill its responsibilities under the Older Americans Act.



Services provided by the Office on Aging Senior Service Network

The Office on Aging and its Senior Service Network provided one or more supportive services to over 44,000 District seniors during Fiscal Year 2001.

Unduplicated Count of Unit Based Services to Seniors: 19,872

This number represents the unduplicated count of services provided to seniors including adult day care, legal services, long term advocacy, Alzheimer's, chore services, home delivered and congregate meals, heavy housekeeping, adult day care, health promotion, nutrition counseling, case assessment and case management, transportation, activities and socialization, homemaker, and home health care services.

Non-Unit Based Count of Services* : 5,330

This number represents seniors who receive non-unit based services provided such as Call-n-Ride, Emergency Shelter, Respite Care, Center Care Long Term Care, Bodywise, Minor Home Repair, Senior Works, Job Training and Placement, Weekend Alzheimer's, Washington Center for Aging Services, Health Insurance Counseling,

UDC Respite and Companion Program, and Inter-generational Group Homes.

Information, Assistance, Outreach Contacts: 49,162

These service contacts include information, assistance and referral services to seniors and all subscribers to the Senior Beacon.

Count of Special Events: 14,721

This number includes persons participating and attending the Annual Senior Citizens' Day Celebration, Senior Picnic, Holiday Program, Senior Legislative Day, Senior Citizen Town Meetings, Ms. Senior DC Pageant, Elderfest, AARP Day, Caregivers Conference, Centenarians Salute, Thanksgiving Day Luncheon, and the Aging Braintrust.

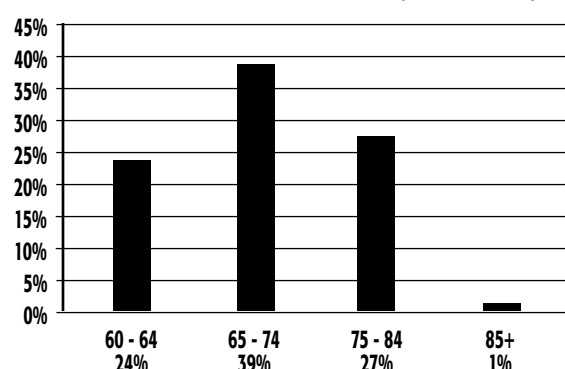
* Persons receiving services reported through the Client Information Service System may also receive other services special events, information and assistance, and non-unit services.

A Glance at the District's Elderly

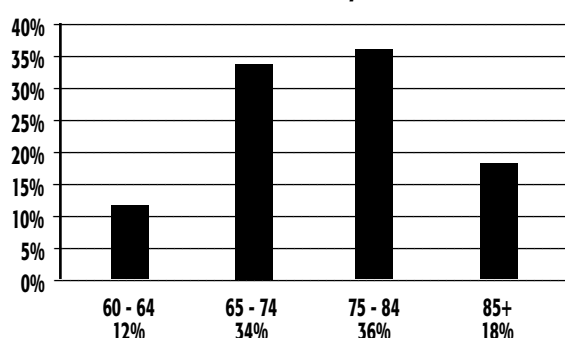
A typical senior today is a female, 73 years of age living with a family relative (husband or other relative) in their own home, with an income at or just above the poverty line, basically independent, utilizing or perhaps in need of some in-home services, income assistance, health services, transportation, and recreation and socialization to maintain independence as she 'age{s} in place.' She will probably spend some time alone in her later years.

According to the 2000 Census there were 92,000 persons 60 years and older, living in the District of Columbia, this number represents 16% of the total population of Washington, D.C. — or about one of every six residents. From 1990 to 2000, the District had fewer persons under 60, but there were also more persons aged 75 and 85 years and older.

D.C. Residents 60 Years and Older (2000 Census)



D.C. Residents 60 Years and Older Receiving Services Through the Office on Aging Client Service Information System in FY 2001



FY 2001 Highlights and Accomplishments

- Developed guidelines and funded, with National Family Caregiver Support funds, a variety of services to support caregivers in addition to a blue print for the development of a Caregivers Institute. The services included extended adult daycare hours, caregiver respite stipends, caregiver education, caregiver spring cleaning, expand assessment and case management and a grandparents' residential camp.

- The Washington Center for Aging Services (WCAS), the Office on Aging nursing facility, served 344 senior residents. Initiated a multi-year refurbishing of the WCAS based on input from the residents, their families and staff to accommodate center activities and to create a more pleasant and home-like atmosphere. Began renovating the two group homes and a community residence facility for elderly Washingtonians on the grounds of the Washington Center for Aging Services.

- Provided over 1 million nutritious meals to more than eight thousand elderly Washingtonians.

- Placed over 500 District seniors in subsidized employment and training through the Senior Works Program, the Older Workers Employment and Training Program and the McMaster's Program.

Completed construction of the Congress Heights Senior Wellness Center located at Martin Luther King, Jr. Avenue and Savannah Street, SE, in Ward 8.

- Acquired property for the Ward 6 Senior Wellness Center and identified property for the Ward 4 site.

- 3,326 seniors participated in 294,446 recreational transportation trips.

- 12,563 seniors received information, assistance and educational materials.

- Produced, developed, and distributed 653 caregivers' resource directories for elderly Washingtonians, their families and caregivers.

- 800 senior Washingtonians were directly counseled by the agency's Information and Assistance unit.

- 600 senior Washingtonians received 15,000 hours of outreach services.

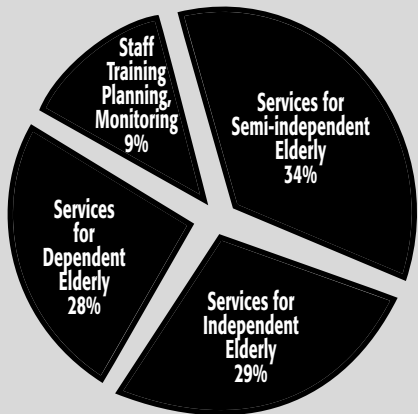
- Co-sponsored with the Greater Washington Urban League's Asian Service Center, the first annual Chinese New Year's Senior Celebration.

- More than 14,000 seniors attended special events sponsored by the Office on Aging, i.e. the 37th Annual Senior Day, Annual Holiday Celebration at the D.C. Armory, Elderfest on Freedom Plaza.

D.C. OFFICE ON AGING NEWSLETTER

How We Spent Our Government Dollars in FY 2001 (\$19,397,000)

Local Appropriated Dollars	\$14,169,000
Federal Dollars.....	4,962,000
Intra-District	266,000



The Office on Aging Provided the Following Supportive Services to Seniors During the FY 2001

Services that maintain health:

- 2,191 District seniors took 123,160 trips to medical and other life- supporting appointments and services.
- 1,681 District seniors received 32,287 hours of professional case management and assessment services.
- 5,288 District seniors participated in health promotion, self-care, and wellness activities.
- 1,359 District seniors were provided individual expert nutrition counseling.
- 2,476 District seniors received practical lessons in nutrition education.
- 3,658 homebound Washingtonians received 568,511 life-sustaining, home delivered meals.
- 5,455 seniors received 499,198 nutritious congregate meals.
- 408 seniors used Call ‘N’ Ride Taxicab Vouchers. Cosponsored, with the Department of Health, public health forums for seniors during National Public Health Week.
- 624 District caregivers were provided with respite services.
- Services which support related goals and outcomes:
 - Produced and edited the “Spotlight on Aging,” a featured newsletter in the Senior Beacon, which has a readership of more than 200,000 and is circulated to banks, stores, senior centers, hospitals and other venues.

- 5,256 seniors participated in recreational and socialization activities.
- 242 persons received services from the Urban Oasis Senior Center for the homeless elderly.
- 1,324 seniors participated in the Bodywise Water Exercise Aerobics Program.
- 8,220 District seniors underwent 254,689 hours of psycho-social counseling.

Services that protect elder rights:

- 4,008 seniors received 15,500 hours of legal services.
- 4,013 contacts were made in person, by telephone and through educational sessions to provide health insurance counseling.
- 3,418 hours of advocacy were performed on behalf of seniors in long-term care facilities.
- Saved seniors \$29,983 through a medical dispute case resolution service.
- The Office on Aging’s Adult Abuse Prevention Committee co-sponsored, with the AARP’s Legal Counsel for the Elderly, a conference for bankers, housing counselors, and the Senior Service Network entitled, “Predatory Lending.”

Services that address functional limitations

- 361 seniors received 182,380+ hours of geriatric adult day care services.
- 41 seniors received 642 hours of heavy housecleaning.
- 716 seniors received 107,846 hours of home-maker services.

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Services that address functional limitations

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- 41 seniors received 642 hours of heavy housecleaning.
- 716 seniors received 107,846 hours of home-maker services.
- 491 caregivers were provided with respite services.
- 273 seniors received 62,722 units of services from the Spanish Senior Center.

- 94 seniors received services through the Extended Services to the Blind and Visually Impaired Program.
- 45 seniors received services through the Hearing Impaired Program.
- 40 seniors were provided with minor home repair services.
- 122 seniors received services through the Asian/Chinese Cultural Center.
- Awarded an additional \$20,000 for the Managed Care Initiative from the U.S. Administration on Aging.
- Received and awarded a \$35, 000 Medicare Empowerment and Collaboration Initiative grant to train professionals, seniors and their caregivers about Medicare options and Medicare resources.

Major Issues Addressed by the D.C. Commission on Aging during FY 2001

- Provided testimony before the D.C. Committee on Government Operations hearings on the Board of Elections Voting Procedures regarding larger print on ballots, easy to read ballots, informational signs indicating what is needed to provide identification and proof of residency and immediate access to voting booths for seniors without having to wait in long lines.
- Provided statement to the District Council Committee on Finance and Revenue regarding the Homestead and Senior Citizen Property Tax Amendment Act of 2001.
- Provided testimony before the District Council on the Predatory Lending Law.
- Participated in the Mayor’s Citizen Summit II, Neighborhood Action Forum.
- Provided feedback to the Office on Aging’s Fiscal Year 2002 -2004 Strategic Plan through a SWOT Analysis workshop.
- Three Commissioners on Aging were certified as D.C. Fire wardens.

DC Office on Aging GOALS 2001

Goal 1: Expand the Number of Senior Wellness Centers in each Ward.

	FY 2000 Total	FY 2001 Total	FY 2002 Total	FY 2003 Total
Goal				
Target	Break ground for Ward 8 center	Complete construction of Ward 8 center	Begin design of Ward 6 Center and acquire Ward 4 property	Begin construction of Wards 4 and 6 Centers; Acquire sites for centers in Wards 1 and 2
Actual	Groundbreaking for Ward 8 in October 2000	Construction completed 9/30/01	—	—

Goal 2: Expand employment, volunteer, and citizen participation opportunities for older Washingtonians.

	FY 2000 Total	FY 2001 Total	FY 2002 Total	FY 2003 Total
Goal				
Target	500	550	575	600
Actual	504	552	—	—

Goal 3: Deliver 1,100,000 nutritious mid-day meals to District seniors.

	FY 2000 Total	FY 2001 Total	FY 2002 Total	FY 2003 Total
Goal				
Target	1,000,000	1,100,000	1,200,000	1,225,000
Actual	1,000,000	1,102,600	—	—

Goal 4: Involve seniors in the development of a strategic plan to address the future needs of the aging population in the District of Columbia.

	FY 2000 Total	FY 2001 Total	FY 2002 Total	FY 2003 Total
Goal				
Target	n/a	Develop plan for Senior Summit	n/a	Develop and Convene Senior Summit
Actual	n/a	Expected funding not received	—	—

SPOTLIGHT ON AGING

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D.C. OFFICE ON AGING NEWSLETTER

*"Washington, D.C.:
A City for All Ages"*

OLDER AMERICANS MONTH

May 2 • 11 a.m. – 5 p.m.
Ribbon Cutting and Open House
Congress Heights Senior Wellness Center
3500 Martin Luther King, Jr., Ave., S.E.

May 9 • 10 a.m. – 3 p.m.
Older Americans Caregivers Fair
441 Fourth Street, N.W., Lobby Level

May 14 – 17
Golden Olympics

14th • 11 a.m. – 5 p.m.
Kenilworth Parkside Gym,
4300 Anacostia Dr., N.E.

15th • 8 a.m. – 4 p.m.
Coolidge Senior High/
Fort Stevens Recreation Center

16th • 8 a.m. – 4 p.m.
Langston Golf Course/Fort Stevens

17th • 9 a.m.
Fort Stevens

May 19 – 25
Show You Care Week

May 21 • 1 p.m.
Asian Senior Town Meeting
417 G Place, N.W.

May 23 • 11 a.m. – 2 p.m.
38th Annual Senior Citizens' Day
D.C. Armory
2001 East Capitol Street, S.E.
Tickets required for admission
Call 202-727-6604

May 28
Senior Legislative Day
14th and Constitution Avenue, N.W.

May 29
Open House for Wellness
Model Cities Senior Wellness Center
1901 Evarts St., N.E.
Washington Senior Wellness Center
3001 Alabama Ave., S.E.

May 30 • 1 p.m.
Hispanic Senior Town Meeting
1844 Columbia Road, N.W.

For more information about any of these events, call 202-724-5622.

Community Calendar

New Numbers:

United Planning Organization, Project Keen Comprehensive Senior Programs, 4025 Minnesota Ave., N.E. has changed their telephone and fax numbers. The new numbers are (telephone) 202-388-4280 (fax) 202-388-4287.

May Events

4th • 10 a.m. to 1 p.m.

"Taking Care" is a seminar for gay, lesbian, bisexual and transgenderd (GLBT) adults caring for aging families. Sponsored by Senior Health Resources, this event will be hosted by IONA Senior Services, 4125 Albemarle St., N.W. Presentors will provide information on caregiving resources, explore issues of particular concern to GLBT caregivers, and offer support group opportunities. To register, call 202-895-0248 or e-mail register@iona.org.

6th • 10 to 11 a.m.

A "Conversational Coffee Hour" will be held at Randall Nutrition Center. This new program will be held every weekday at 10 a.m. For more details, call Elise at 202-338-4280.

6th

Jazzercise classes with "Tap" will begin this month at Project Keen, 4025 Minnesota Avenue, N.E. Class time to be announced. Call 202-388-4280 for more details.

6th • 10 a.m. to noon

Representatives from pharmaceutical companies offering prescription drug discount cards have been invited to IONA Senior Services to explain how their programs work. This event is provided free of charge. No registration required. For further information, call 202-895-0248. IONA is located at 4125 Albemarle St. N.W.

8th

Randall Nutrition Center will be going to the Inner Harbor in Baltimore. Call to reserve your seat on the bus! Call Project Keen for further details, 202-388-4280.

9th • 10 a.m. to noon

Project Keen's "Hoopsters" will hold its 4th Annual Azalea Walk and Picnic at the National Arboretum. You must make a reservation to receive lunch. Call 202-388-4280 for more details.

9th • 1 p.m.

Model Cities Senior Wellness Center is hosting a health screening and tour at the Woodridge Health Center, 2146 24th Place, N.E. For departure information, call 202-635-1900.

10th

"It's Great to Be Alive" essay contest is open to seniors. Write an essay describing why you feel your "Doctor is Tops" and win a \$1,000 cash prize. The winning physician also wins a plaque that will be presented by the Medical Society of D.C. All entries must be submitted to the center, 2451 Good Hope Rd., S.E., by close of business of May 10th. Call the Senior Citizens Counseling and Delivery Service center, 202-678-2800 for contest rules. The awards ceremony will be on the 31st.

10th • 11 a.m.

Tour the Botanical Gardens with Model Cities Senior Wellness Center. The gardens are located at 100 Maryland Avenue, S.W. For further information regarding departure and the event, call 202-635-1900.

13th • 10:30 a.m. to noon

IONA Stroke Support Group. No fee, but donations are requested. It will be held at 4125 Albemarle St. N.W. For information, contact Christine Jackson at 202-895-9455 or cjackson@iona.org.

13th • 10:30 a.m.

Model Cities Senior Wellness Center will be touring the Kennedy Center, located at 2700 F St., N.W. To learn more about this event, call 202-635-1900.

15th • 1 p.m.

Learn how to cope with stress during difficult times. Attend this workshop being hosted by the Senior Citizens Counseling and Delivery Service, to learn about specific techniques that will assist you in coping and minimizing the stress in your life. This free seminar will be held at 2451 Good Hope Rd., S.E. Call 202-678-2800 for further details.

16th • 1 p.m.

Learn about the treatment and prevention of skin cancer. At the Senior Citizens Counseling and Delivery Service Center at 2451 Good Hope Rd., S.E., Free skin check coupons from area dermatologists offices will be available for seniors interested in receiving a free "skin check-up." Please call 202-678-2800 to register for this workshop.

18th

Come out and enjoy the Ft. Davis Community Festival at 1400 41st St., S.E. For more information, call Elise at 202-388-4280.

20th • 11 a.m.

Model Cities Senior Wellness Center will be going to Annapolis Harbor, Annapolis, Md for the day. Enjoy a lovely day touring the town. For more information, call 202-635-1900.

21st • 12:30 to 2:30 p.m.

Join IONA Senior Services for an Arthritis Foundation demonstration and presentation. Participants will be invited to observe or participate in a "People with Arthritis Can Exercise" (PACE) program, attend a presentation, obtain resources and receive information about services and programs. There is no charge for this program; however, pre-registration is requested. It will be held at 4125 Albemarle St. N.W. To register, call IONA at 202-895-0248.

28th • 12:30 to 2 p.m.

The Support Group for Caregivers of Individuals with Early Stage Dementia meets the fourth Tuesday of each month. Share your concerns, achievements and frustrations with caregiving. No fee, but donations are requested. It will be held at IONA, 4125 Albemarle St. N.W. Pre-registration is required. Contact Cheryl Shreiner at 202-895-9478 or cshreiner@iona.org.

29th • 9 a.m. to 5 p.m.

Attend Model Cities Senior Wellness Center's open house. The center is located at 1901 Evarts Street, N.E. Various activities will be held throughout the day highlighting this unique center. For more details about this event, call 202-635-1900.

30th • 9:30 a.m.

We're going to the circus. Join the Senior Citizens Counseling and Delivery Service center for its annual trip to see the Universoul Circus, a multi-cultural and entertaining extravaganza. Cost is \$15. Price includes tickets to the show and round-trip transportation. Bus leaves the center, 2451 Good Hope Rd., S.E. at 9:30 a.m. so arrive early. For more information, call 202-678-2800.

31st • 10:30 a.m.

Enjoy the day at Baltimore Harbor with the Model Cities Senior Wellness Center. For details about this event, call 202-635-1900.

31st through June 2nd

So Others May Eat (SOME) will hold a weekend Caregivers Retreat for D.C. residents who are caregivers for an elderly loved one. Look forward to a weekend of information, education and relaxation. Sponsored by: SOME Interfaith Caregivers Program and D.C. Office on Aging. For more information contact Vanessa Henry at 202-581-8000.